



Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children


Module 3: Milk Component



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education

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1



Bite Size Training Modules

- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- ➔ Module 3 **Milk Component**
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources/#BiteSize>

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2

Key Points About Milk

- ➔ Different fat content for different ages
- ➔ Menus must document type of milk
- ➔ Milk substitutes for children *with* a disability are *required*, and must follow medical statement
- ➔ Milk substitutes for children *without* a disability are *optional*, and must meet USDA's nutrition standards for fluid milk substitutes
- ➔ *Child care centers in public schools*: Additional state requirements

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3

Required Servings for Milk Component

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Breakfast	½ cup	¾ cup	1 cup
Lunch/supper	½ cup	¾ cup	1 cup
Snack ¹	½ cup	½ cup	1 cup

¹ Cannot serve milk when juice is the only other snack component
² During COVID, emergency shelters include participants through age 24

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4

Milk Requirements

- Must be fluid milk
 - Pasteurized
 - Meet all state and local requirements
 - Contain vitamins A and D at levels specified by the Food and Drug Administration (FDA)



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5

Allowable Types of Milk

- Different *fat contents* required for different age groups
- *Flavored milk* does not credit for children younger than 6



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6

Allowable Types of Milk	
Age Group	Type of fluid milk
Age 1	<ul style="list-style-type: none"> Unflavored whole
Ages 2-5	<ul style="list-style-type: none"> Unflavored low-fat (1%) Unflavored fat-free
6 and older	<ul style="list-style-type: none"> Unflavored low-fat (1%) Unflavored fat-free Flavored fat-free *
* CACFP Best Practices: Serve only unflavored milk to ages 6 and older	

7

USDA CACFP Best Practices

- Serve only **unflavored** milk
- If serve flavored milk to ages 6 and older
 - Use Nutrition Facts Label to select flavored milk that contains **no more than 22 grams of sugar in 8 fluid ounces**
 - If flavored milk within this sugar limit is not available, select flavored milk with **lowest amount of sugar**

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

8

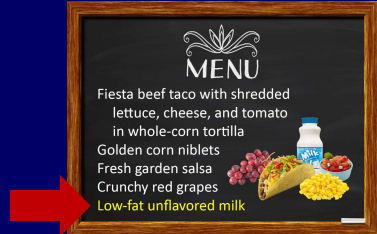
Allowable Types of Milk for All Ages Include

- Lactose-free and lactose-reduced milk
- Acidified milk, e.g., kefir and acidified acidophilus
- Cultured milk, e.g., cultured buttermilk, cultured kefir, and cultured acidophilus
- Ultra High Temperature (UHT) milk

9

Required Documentation for Milk


- CACFP menus must document the type of milk served



10

Other Crediting Considerations


- Breastmilk past age 1
- Transitional developmental periods
 - **Ages 12-13**
Transitioning from infant formula to whole milk
 - **Ages 24-25 months**
Transitioning from whole milk to low-fat/fat-free milk



11

Breastmilk Past Age 1

- Breastmilk allowed at any age
- Meals and snacks are reimbursable when
 - parent provides expressed breastmilk
 - mother breastfeeds her child on site



12

Breastmilk Past Age 1

- Breastmilk may be served in combination with other types of milk
 - Combined amount of breastmilk and milk must provide **minimum** serving




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13

Breastmilk Past Age 1

- Breastmilk may be served in combination with other types of milk
 - Combined amount of breastmilk and milk must provide **minimum** serving



Breakfast meal pattern for age 2	Mother provides	CACFP facility must serve
½ cup of unflavored low-fat or fat-free milk	¾ cup breastmilk	¾ cup of unflavored low-fat or fat-free milk

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14

Ages 12-13 months: Transitioning from Infant Formula to Whole Milk

- Iron-fortified infant formula does **not** meet the fluid milk requirements of CACFP meal patterns for children
 - Reimbursable only for **one-month** transition period when weaning children **ages 12 to 13 months** from infant formula to whole milk



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15

Ages 24-25 months: Transitioning from Whole Milk to Low-fat/Fat-free Milk

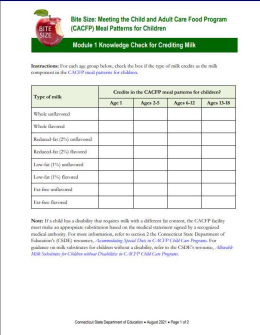
- One-month** transition period to switch a 24-month-old child from whole milk to low-fat or fat-free milk
- May serve unflavored reduced-fat milk or whole milk to children **ages 24-25 months**
 - Not allowed for any other ages



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16

Knowledge Check: Crediting Milk



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_3_Crediting_Milk.pdf

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17

Knowledge Check: Crediting Milk

Type of milk	Credits in the CACFP meal patterns?			
	Age 1	Ages 2-5	Ages 6-12	Ages 13-18
Whole unflavored	✓	*		
Whole flavored				
Reduced-fat (2%) unflavored		*		
Reduced-fat (2%) flavored				
Low-fat (1%) unflavored		✓	✓	✓
Low-fat (1%) flavored				
Fat-free unflavored		✓	✓	✓
Fat-free flavored			**	**

* May be served only during a **one-month transition** period (ages 24-25 months) when switching a child from whole milk to low-fat or fat-free milk

** The USDA's CACFP Best Practices recommends serving only unflavored milk

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18

Fluid Milk Substitutes

- Children with a disability
- Children without a disability

Different requirements



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19

CSDE Resource

Accommodating Special Diets in CACFP Child Care Programs

- Required meal modifications for children with a disability
- Optional meal modifications for children without a disability

Child and Adult Care Food Program (CACFP)



Accommodating Special Diets in CACFP Child Care Programs

Child Care Centers • Family Day Care Homes
Emergency shelters • At-risk after-school care centers



Revised December 2020
Connecticut State Department of Education
Bureau of Health, Nutrition, Family Services and Adult Education
160 Glastonbury Avenue, Suite 300
Hartford, CT 06105-1041

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/GuideSpecialDietsCACFP.pdf>
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20

Fluid Milk Substitutes for Children with a Disability

- Substitutions *required* when disability restricts child's diet
- Requires *medical statement* signed by recognized medical authority



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21

Terms to Know

Recognized Medical Authority

- Physicians
- Physician assistants
- Doctors of osteopathy
- Advanced practice registered nurses (APRN)




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22

Terms to Know

Medical Statement

- Official document signed by recognized medical authority
- Identifies child's specific medical condition and appropriate meal modifications
- Based on recognized medical authority's assessment of child



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Medical Statement for Milk Substitutes Must Include 3 Things

1. *Information about the child's physical or mental impairment* that is sufficient to allow the CACFP facility to understand how this impairment restricts the child's diet
2. An *explanation of what must be done* to accommodate the child's disability
3. The *type of milk* to be omitted and recommended alternatives

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24

CSDE Resource

Medical Statement for Meal Modifications in CACFP Child Care Programs

- English
- Spanish

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents#MedicalStatements>

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25

CSDE Resource

Guidance and Instructions: Medical Statement for Meal Modifications in CACFP Child Care Programs

- English
- Spanish

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-CACFP-Child-Care-Programs/Documents#MedicalStatements>

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26

Milk Substitutes for Children with a Disability

- Must provide appropriate substitute *based on child's medical statement*
 - Not required to meet CACFP meal patterns
- Medical statement can indicate *any milk substitute* that meets child's specific needs
 - Milk with a different fat content
 - Nondairy milk substitute beverages
 - Juice
 - Water
 - Any other beverage

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27

Examples of Milk Substitutes for Children with a Disability

Milk fat content

A medical statement signed by a recognized medical authority indicates that a five-year-old has a disability that requires whole milk instead of low-fat milk



CACFP facilities must provide substitution

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28

Examples of Milk Substitutes for Children with a Disability

Rice milk

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires rice milk



CACFP facilities must provide substitution

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29

Examples of Milk Substitutes for Children with a Disability

Juice

A medical statement signed by a recognized medical authority indicates that a child has a disability that requires juice instead of milk



CACFP facilities must provide substitution

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30

Milk Substitutes for Children *without* a Disability

- **Optional**
 - Modifications are *not* required for personal food preferences or general health concerns
- Modifications *must always comply* with CACFP meal patterns



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31

Two Allowable Milk Substitutes for Children *without* a Disability

1. Nondairy milk substitute that meets USDA's nutrition standards for fluid milk substitutes
 - Requires written parent/guardian request
2. Lactose-free or lactose-reduced milk (must meet fat content/flavor restrictions for each age group)
 - Written request not required




<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFP.pdf>

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32

Milk Substitutes for Children *without* a Disability

Allowed	Not Allowed
<ul style="list-style-type: none"> • Soy milk (only certain brands) 	<ul style="list-style-type: none"> • Most brands of soy milk • Almond milk • Cashew milk • Rice milk • Oat milk • Other nondairy milk products 

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33

Milk Substitutes for Children *without* a Disability

- CACFP facilities can *never* offer juice, water, or any other beverages as a milk substitute for children without a disability, *even if specified on the medical statement*



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34

CSDE Resource

Allowable Milk Substitutes for Children without Disabilities in CACFP Child Care Programs

- Summarizes requirements for nondairy milk substitutes
- Indicates how to identify allowable milk substitutes
- List of allowable commercial products


<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFP.pdf>

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Additional State Beverage Requirements for Milk and Nondairy Milk Substitutes

- Applies only to *child care centers in public schools*
- *State beverage statute*: Section 10-221q of the Connecticut General Statutes (C.G.S.)



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36

Additional State Beverage Requirements for Milk and Nondairy Milk Substitutes

- Milk**
- No artificial sweeteners
 - Sugars: ≤ 4 grams per fluid ounce
- Nondairy milk substitutes**
- No artificial sweeteners
 - Sugars: ≤ 4 grams per fluid ounce
 - Calories from fat: $\leq 35\%$
 - Calories from saturated fat: $\leq 10\%$

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37

List of Allowable Milk Substitutes

Manufacturer	Product	Container size (fluid ounces)	Container UPC code
Kikkoman	Peanut Organic Soybean, Unsweetened, aseptic package	8	Code 060105, UPC: 0-41390-060105-7, Case (24 count) UPC: 0-41390-060105-4
Kikkoman	Organic Soybean, Plain	64	0-796019-09900-4
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	8	0-52015-08511-9
Pacific Natural Foods	Ultra Soy All Natural Nondairy Beverage, Plain, aseptic package	32	0-52015-08200-6
Stonest's Heritage Foods	800 Constant Soybean, Original, refrigerated	64	0-52015-07960-3
Sunrich Naturals	Soybean, Original, aseptic package ¹	8	7-62736-53108-6
Sunrich Naturals	Soybean, Original, aseptic package ¹	32	7-62736-53252-8
Walman	Great Value Soybean, Original, paper carton ²	32	0-79742-00907-1

¹ These beverages exceed the fat limit for nondairy milk substitutes required by Section 10-223a of the Connecticut General Statutes. They cannot be served as milk substitutes in CACFP meal programs based in public schools.

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/MilkSubstitutesCACFP.pdf>

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38

Knowledge Check: Milk Substitutes for Children *without* a Disability

Scenario 1: Oat milk

A newly enrolled child does not like regular milk, and the parents request that you substitute oat milk



Can you serve oat milk to the child and claim these meals and snacks for reimbursement?

No

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39

Knowledge Check: Milk Substitutes for Children *without* a Disability

Scenario 2: Lactose-free milk

A parent requests that you serve lactose-free milk to her 2-year-old daughter



Can you serve lactose-free milk to the child and claim these meals and snacks for reimbursement?

Yes

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40

Knowledge Check: Milk Substitutes for Children *without* a Disability

Scenario 3: Soy milk

A parent requests that you substitute soy milk for regular milk



Can you serve soy milk to the child and claim these meals and snacks for reimbursement?

Yes*

* If meets USDA's nutrition standards for fluid milk substitutes

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41

Examples of Noncreditable Milk *

- Milk that does not meet required fat content and flavor restriction
 - Age 1: Low-fat (1%), fat-free, and reduced-fat
 - Ages 2 and older: Whole and reduced-fat (2%), except for one-month transition period
 - Ages 5 and younger: Flavored milk
- Nondairy milk substitutes that do not meet USDA's nutrition standards for fluid milk substitutes, e.g., almond milk, cashew milk, rice milk, oat milk, and most brands of soy milk
- Powdered milk beverages, e.g., Nestlé's NIDO
- Milk that is cooked or baked in prepared foods, e.g., cereals, puddings, and cream sauces
- Nutrition supplement beverages, e.g., Abbott's PediaSure

* This list is not all-inclusive

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42

More Resources



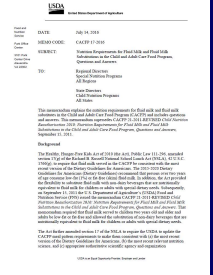
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43

USDA Policy Memo

USDA Memo CACFP 17-2016

Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As



https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP17_2016os.pdf

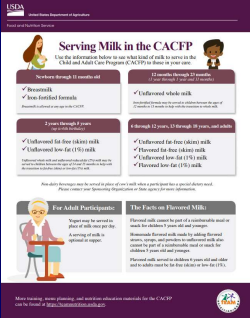
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44

USDA Policy Memo

Webpage: Serving Milk in the CACFP

- Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/serving-milk-cacfp>

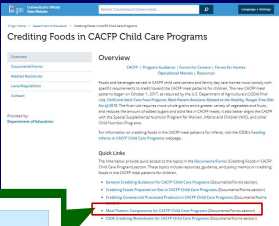
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45

CSDE Webpage

Crediting Foods in CACFP Child Care Programs

- Milk Component for
CACFP Child Care
Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#Milk>

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46

Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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47

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48

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